

BY SPEED POST / BY HAND

F. No. 31-1/MYAS/MDS/2018
Government of India
Ministry of Youth Affairs & Sports
Department of Sports
Mission Directorate – Sports Development

Cafeteria Building
Pragati Vihar Hostel
CGO Complex, Lodhi Road
New Delhi-110003
Dated: 13th November, 2018

To

Director General, Sports Authority of India.
Principal Secretary / Secretary in charge of sports of States/UTs.
Secretary of Sports Authority / Sports Council of States / UTs.

**Subject: Operational Guidelines on “Physical Fitness of School going children”
component of Khelo India – National Programme for Development of Sports Scheme.**

Sir / Madam,

The undersigned is directed to state that the Khelo India – National Programme for Development of Sports Scheme has been circulated to all Stakeholders vide this Ministry's letter No. 29-1/MYAS/MDS/2017 dated 16th October, 2017.

2. One of the twelve components of the Khelo India Scheme is “Physical Fitness of School going children”. Operational Guidelines in this regard are enclosed for information and appropriate action.

Yours faithfully,

Encl: As above.



(A. K. Singh)

Under Secretary to the Govt. of India

Tel: (011) 24361823

Copy to (with enclosure):-

1. Secretary, Department of School Education & Literacy, Ministry of Human Resource Development, Room No. 124-C, Shastri Bhawan, New Delhi.
2. Vice Chancellor, Lakshmi Bai National Institute for Physical Education (LNIPE), Mela Road And Railway Station Road, Opp. Ariculture College, Gwalior, Madhya Pradesh 474002.



(A. K. Singh)

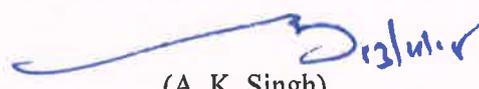
Under Secretary to the Govt. of India

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Copy also to (with enclosure) :-

1. PS to MoS (I/C), YAS
2. PS to Secretary (Sports), MYAS
3. PS to JS (Dev), MYAS
4. PS to Director (Sports), MYAS
5. All officers of Mission Directorate – Sports Development


(A. K. Singh)
Under Secretary to the Govt. of India

1. PREFACE:

1.1 The Khelo India Scheme aims to encourage fitness and sports all over the country, thus allowing the population to harness the power of sports through its cross-cutting influence, namely, holistic development of children & youth including physical fitness, community development, social integration, gender equality, healthy lifestyle, national pride and economic opportunities related to sports development. The revamped Khelo India-National Programme for Development of Sports as approved by the Cabinet has been published in The Gazette of India on 14.10.2017. The Khelo India Scheme consists of following twelve verticals and “Physical Fitness of School going Children” is one of them.

- i. Play Field Development
- ii. Community Coaching Development
- iii. State Level Khelo India Centres
- iv. Annual Sports Competitions
- v. Talent Search and Development
- vi. Utilization and Creation/ Upgradation of Sports Infrastructure
- vii. Support to National/Regional/State Sports Academies
- viii. Physical Fitness of School going Children
- ix. Sports for Women
- x. Promotion of Sports among persons with disabilities
- xi. Sports for Peace and Development
- xii. Promotion of rural and indigenous/tribal games

1.2 Vision:

To infuse awareness about the fitness of children specially the school going children leading to increase in the fitness level for their physical well being and to identify potential talent for future sports champions through this process.

1.3 Mission:

To implement a component of physical fitness across all schools (Government/Private/ Aided/Un-Aided etc.) in the country. To evolve National Physical Fitness parameters region-wise using various easy to use tools/ apps to assess physical fitness of school going children and to conduct physical evaluation of school going children. To facilitate integration of sports and physical education

with Department of School Education & Literacy. To encourage enhancing of fitness levels of children through competition among schools to promote fitness. To identify the potential talents among school going children and nurture them to excellence through Talent Development Programmes through this process.

1.4 Physical Fitness - Activities

i. Para 1.3.8.1 of revamped Khelo India Scheme states that an effort will be made to implement a component of physical fitness across all schools (Government/Private/ Aided/Un-Aided etc.) in India under Khelo India. Standards & protocol for credible measurement of fitness level of school going children will be formed. National Physical Fitness parameters will be evolved region- wise and tool kit (eg. Mobile App) will be provided to each school to evaluate physical fitness of all school going children. This tool kit would be easy to implement by physical education teacher or any other teacher with the help of guidelines/instructions included in the kit. Incentives may be given to various stakeholders to evaluate fitness parameters of school going children including educational institutions. Mobile App or any other tools may be developed to capture the data and analyze it. NGOs, Corporate entities, local bodies etc., will be encouraged to take up awareness campaign and carry out fitness evaluation in partnership with all schools. Strong Teachers Training Programme (STTP) will be evolved to educate PE/Subject Matter Teachers (SMT) or the stakeholder agency on evaluation of fitness. After assessing the level of fitness programme for enhancing fitness levels of children, wherever needed, will also be undertaken. A grading system for schools will also be developed to encourage competition among schools aimed at achieving optimum level of fitness. Incentives may be provided to all involved for implementing programme for evaluation and enhancement of physical fitness of school going children.

ii. Master Trainers trained under the Scheme in association with States/ UTs Schools, Institutions, Physical Education colleges etc. will be empanelled throughout the country for effective implementation of the programme. However the vertical can be implemented through other sociable methods as deemed fit and approved by DPAC.

iii. Awareness campaign will be carried out to increase awareness among public including parents about the need and benefits of fitness including publicity activities to popularize the Mobile Application and the campaign for enhancement of physical fitness.

iv. Regular concurrent evaluation for feedback to update/revise fitness parameters / fitness levels and/or to simplify/improve features of the Mobile Application, fitness enhancement programme etc may also be carried out.

2. IMPLEMENTATION MECHANISM:

- i. The work related to Implementation, Execution and Monitoring of “Physical Fitness of School going Children” vertical of Khelo India has been assigned to Sports Authority of India vide Ministry OM No 9-7/MYAS/MDSD/2018 dated 14.09.2018. However; the Laxmibai National Institute of Physical Education (LNPE) will provide to SAI all technical support for identification/formulation of physical fitness parameters and fitness tests for analyzing fitness level of school going children. Sports Authority of India will carry out the activities under this vertical in collaboration with the schools of Central and State Government, private(Aided and un aided) schools etc. or other stakeholders as per the need.
- ii. A Departmental Project Approval Committee will be constituted for approval of projects alongwith overall supervision and monitoring under this vertical. SAI will constitute PAC or any other Committee as required during implementation of the vertical.
- iii. Sports Authority of India will provide financial assistance to the stakeholders including the schools as per the broad parameters of the scheme and also as per the decision of the DPAC.

3. BUDGET

As per Gazette Notification, a tentative amount of Rs.25 crore per year for three years has been earmarked for this vertical of the Khelo India Scheme. Any subsequent change in the budget will be

subject to approval from DPAC constituted under the Chairmanship of Secretary, Department of Sports.

4. SUBMISSION OF UTILIZATION CERTIFICATE (UC)

After conduct of the activity SAI will submit the UC to MDSD. Grants for the next year will be released only after the UCs are settled.

5. MONITORING

SAI/ Grantee institution will submit quarterly report of activities undertaken under this vertical. Subsequent funds will only be released to such institutions on receipt UCs & reports.
